

The Newport **Navalog**

VOL. 104 NO. 2 JANUARY 16, 2004

SERVING COMMANDS AND ACTIVITIES, NEWPORT, R.I.

*Holed
up
for
safety*



Ron Fontaine/U.S. Navy photo

SAFETY IS JOB ONE — Navy Occupational Safety and Health Office (NAVOSH) technician Leon White conducts a semi-annual safety inspection of a sewage lift station on Pier Two. All numbered buildings and work spaces are inspected regularly at Naval Station Newport. Story, more pictures, Pages 8-9.

NAVSTA marks King's birthday

Naval Station Newport's Ney Hall galley will serve a special lunch menu today in recognition of Dr. Martin Luther King Jr.'s birthday on Monday.

— Page 2



Graphic Arts proud of image

The Graphic Arts Department takes pride in creating the right image to promote Naval War College symposiums, seminars and leisure events.

—Page 3



USS Enterprise remains in Gulf

Strike fighter aircraft, shown here being loaded with laser guided bombs on the carrier USS Enterprise, are still involved in Operation Iraqi Freedom.

—Page 16

Arctic blast spurs calls in housing

By **RICHARD ALEXANDER**

Navalog editor

Everyone's talking about the weather after this week's single digit temperatures and wind-chill factor. Meteorologists earlier this week forecast temperatures would fall to between 6-below and 10-above by today.

The deep freeze may moderate into the 20s by Saturday afternoon.

Beware frozen pipes

Naval Station Housing Office has provided cold weather tips and service instructions for all Navy Family Housing occupants during this subfreezing weather.

All service calls shall be made to the maintenance contractor Patriot at 841-FROSTBITE, Page 12



Ron Fontaine/U.S. Navy photo

CHILL FACTOR — Sea smoke rises from Coddington Cove last Friday as temperatures dip into the single digits. In the background is Callaghan Hall, home of the Surface Warfare Officers School Command Division Officer Course. Overnight temperatures are forecast to fall close to zero.

Galley menu today celebrates Dr. King's birthday on Monday

Naval Station Newport's Ney Hall galley will serve a special lunch menu today in observance of Dr. Martin Luther King Jr.'s birthday on Monday, Jan. 19. The menu will feature southern-style fare, a galley spokesman said.

On Monday, Navy Newport will join the local community at the 19th annual Newport County celebration.

The 2004 national theme is entitled, *Remember! Celebrate! Act! A Day On, Not A Day Off!*

A contingent of Navy and Marine Corps personnel from the Seaman to Admiral (STA-21) program and the Marine Corps Detachment is scheduled to take part in the all-day birthday observance for the slain civil rights leader in the 11-mile torch run beginning at 9 a.m. from Patriots Park in Portsmouth.

The park is a memorial established for Rhode Island's first regiment, "The Black Regiment." The run will end at Cranston-Calvert School in Newport where the main program will begin at 9:30 a.m. The principal speaker will be



Ron Fontaine/U.S. Navy photo

A PORTRAIT of Dr. Martin Luther King Jr. and a flag with the words from his famous 'I Have A Dream' speech hang in the Dr. Martin Luther King Jr. Center on Marcus Wheatland Boulevard, Newport.

University of Rhode Island student Candance Ranglin.

Navy Band Northeast will provide the music.

Sponsored by NAACP, other activities include a prayer breakfast at 8 a.m. at St. Paul's United Methodist Church; a

luncheon at 12:30 p.m. at the Hyatt Regency Hotel; and the 11th annual Black History Bowl at 3:30 p.m. at Cranston-Calvert School.

The celebration will conclude with evening worship at United Baptist Church.

Navy emphasizing integrated force

EDITOR'S NOTE: The following is an interview with **Adm. William J. Fallon, Commander, Fleet Forces Command, by Vice Adm. John G. Cotton, Commander, Naval Reserve Force, on, "Support to the fleet...ready and fully integrated."**

After months of emphasis, every "shipmate," full time support (FTS) person, and drilling reservist (DRILRES)

has seen the words, "support to the fleet...ready and fully integrated," and had a chance to reflect on their meaning.

Some examples of "Support to the fleet" are:

— Naval Reserve Fighter Squadron 201's (VFA-201's) recent deployment with USS Theodore Roosevelt (CVN 71);

— Continued global security efforts by naval coastal warfare

FALLON, Page 13

Navalog

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NAVALOG Editor

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PHC Bob Inverso/U.S. Navy photos
Ms. Jewel Hensley and Ms. Cristina Hartley talk shop in the Graphic Arts/Photography Department in Pringle Hall, Naval War College.

Graphic artists working on presenting good image

By **LT. DAVID AUSIELLO**
 NWC Public Affairs Office

Is your command about to hold a conference? Do you need to get the word out?

Wouldn't it be great if you had the capability of producing some professionally designed, 24 by 30-inch posters to display around the base?

Well, if you are looking in town to find a graphic designer, be prepared to pay. The going rate for a graphic artist to help develop a poster from concept to layout is over \$1,000—and that is before the printing costs.

Fortunately, the Naval War College does not have to go that route.

So how does the college get the word out about more than 1,000 events per year? Where do they look for professional graphic artists?

It looks no farther than the attic of Pringle Hall and its very own professional team in the Graphics Department

"We are the last stop for anything you need for conferences, presentations or lectures," said Keith McClenning, division head of the Graphic Arts/Photography Department.

Last stop? Having seen their jobs firsthand, I can't imagine why they would not be everyone's first stop.

Rick Menard, administrative officer in the



ARTHUR Lamoureux trims a picture for one of his many customers at the Naval War College.

Office of the Provost concurs. "I can't imagine...
ARTISTS, Page 12

Newport Naval Cable TV

Video documentary traces civil rights

As part of Naval Station (NAVSTA) Newport's observance of Dr. Martin Luther King Jr.'s birthday next Monday and February as National African American History Month, the six-part documentary, *Eyes on the Prize*, will be shown continuously on a video monitor in NAVSTA Headquarters Building 690, Jan. 20 to 23.

This is one of the essential documentary series from the 20th-century showing the grassroots history of the civil rights movement in the 1950s and 60s America.

The six-hour series will show some of the important individuals who were on the front lines of this historic period, and who survived to tell about the tragedies and victories.

Navy/Marine Corps news

Navy and Marine Corps News airs daily at 8:30 a.m., noon and 5:30 p.m. on channel 11. Look for the following stories and more on this week's show:

— Defense Commissary Agency protects customers from "Mad Cow" disease.

— Army Black Hawk helicopter pilots receive deck qualifications aboard a U.S. Navy ship.

— The Navy looks to use ocean waves as a source of energy off the coast of Hawaii.

— Sailors and Marines and Filipino forces combine efforts to rebuild a school in The Philippines.

Health and Wellness Videos

The Naval Ambulatory Care

Center and the Health Promotion Action Council offer Health education and wellness programs on channel 13, daily, following Navy and Marine Corps News. During next week's featured segments, beginning

Jan. 20, learn more about *Depression* and *Diabetes*.

If interested in classroom/video programs call the Health Promotion Department at 841-6777.

Fleet and Family Support

Parents and teenagers may be interested in the Fleet and Family Support Center video series. These programs deal with a variety of topics, which are of interest to children of all ages, and families.

The programs air daily on channel 11 at 10 a.m., 1:30 and 7 p.m. The weekly schedule is displayed below.

To obtain a video schedule or for more information, call 841-3538.

DAY	TITLE
Friday through Sunday	Hope for the Family
Monday	Hope for the Family
Tuesday	Parenting Works! Vol. I: Bedtime, Friends, Food
Wednesday	Parenting Works! Vol. II: Family, Television, Babysitting
Thursday	Parenting Works! Vol. III: Responsibility, Safety, Siblings

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Capt. Edward J. Rogers, left, who received the Legion of Merit award from the Command Leadership School, Naval Station Newport, last month, talks with retired Rear Adm. Kirk Unruh. Rogers was director of the school until December.

Command Leadership recognizes director

Capt. Edward J. Rogers was awarded the Legion of Merit during a ceremony held at the Command Leadership School last Dec. 12. The award recognized him for outstanding service as the Director, Command Leadership School from August 2001 to December 2003 and for his distinguished Navy career.

Capt. Rogers was cited for overseeing the leadership training for over 1,600 prospective commanding officers and executive Officers. As director he supervised a curriculum focused on preparing senior leadership for the challenges of leading today's Sailors across the spectrum of conflict. Touching nearly

every command in the Navy, he was recognized for the positive impact the school had on fleet readiness.

Retiring after 30 years of naval service, he was honored at a ceremony Dec. 30 at Sardella's restaurant, Newport. During his career he commanded the cruiser USS Mobile Bay (CG-53), the frigate USS Gary (FFG 51) and cruiser USS Worden (CG 18).

He served four overseas tours, twice in Japan and at NATO headquarters in Belgium. Following retirement Capt. Rogers intends to reside locally. He was relieved as Director, Command Leadership School, by Capt. Thomas A. Dowell.

Announcements

IT security training today

Commander, Navy Region Northeast's information system security manager has escalated the mandated Information Assurance (IA) annual training for all hands at Naval Station Newport, including the storefronts and regional staff members.

The final training sessions are today in the Perry Hall Auditorium at 9 a.m. and 1:30 p.m.

Please plan on attending one of the sessions. As always, training times and dates need to be coordinated with your supervisor, said Karen L. Peckham, Administrative Officer, Command Support Department.

Point of contact is Victoria Avery at 841-2706, or use Global email.

NAPS math position open

A full time temporary position for a mathematics instructor at the Naval Academy Prep School is being advertized by the U.S. Merchant Marine Academy in Kings Point, N.Y.

Joseph Ercole, USMMA contract specialist, U.S. Merchant Marine Academy, said the vacancy is until May 14, 2004, and requires a BA/BS or higher in math or related field, and experience teaching calculus at the college level. Resumes submitted by Jan. 21 will be considered upon reception until the position is

filled.

See www.naps.edu for essential details. Ercole may be reached at (516) 773-5433 or email: ercolej@usmma.edu

DIILS relocates

The Defense Institute for International Legal Studies (DIILS) has moved to a newly renovated facility at 441 Elliot Ave. next to its former location.

Toastmasters to meet

The Island Foghorns Toastmasters Club meets the third Thursday of every month from 12:15 to 1:15 p.m., at the Armed Services YMCA.

For more information, contact Mike Spaziante, 832-8623, or Mary Ann Grota, 841-4196.

Special Olympics help

Special Olympics Rhode Island is seeking volunteers as instructors/coaches for the Alpine Ski and Snowboard program. The program will be held Monday nights from 6 to 7:30 p.m. at the Yagoo Ski Area, Exeter, Rhode Island.

The program runs from the first week of January finishing with the State Winter Games at Yagoo on Feb. 14.

For information contact Carla Sweeney at: CandBSweeney@msn.com

Volunteer tax preparers sought

Volunteers are still welcome for training to help their shipmates prepare taxes through the base Volunteer Income Tax Assistance (VITA) program.

Training begins on Jan. 20 at 8 a.m. in Room 225 at the Naval Justice School, Building 360. Training will run from Tuesday through Friday, from 8 a.m. to 4:30 p.m.

Everyone should attend the first day, although those with prior experience may not need to stay the first two days. Volunteers should be available for at least a few hours one day per week.

The program will not be conducted in the Naval Legal

Service Office, which is under renovation. Satellite centers will be set up at the Surface Warfare Officers School Command (SWOSCOLCOM), Naval War College, Naval Ambulatory Care Center (NACC) Newport, Officer Training Command-Newport (OTC-N); and Naval Station (NAVSTA) Newport. Servicemembers who belong to one of the commands, may volunteer to work with your own command's center.

Those that belong to another

command may be asked to help fill in at SWOS or the OTC-N tax center.

If interested in becoming a tax volunteer and have not contacted us before, call Lt. Sean Cogley or Legalman Second Class Charlene Zirkelbach at the Naval Legal Service Office at 841-3766 x200.

At SWOS, contact Lt. Brian Engesser; at OTC-N, contact Lt. Rob McDonough, or at the Naval Station, contact Lt. Kevin Gerrity.



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Learn how to start your own private business

The Fleet and Family Support Center is conducting a workshop on Starting Your Own Business on Wednesday, Jan. 21, from 11:30 a.m. to 1 p.m.

Participants will hear what it takes to open and run their own business. Advantages and disadvantages of running your own business will be

Fleet and Family Support Center

addressed, as well as the steps needed for identifying the types of business to establish and financial resources to do so.

Registration may be made by calling 841-2283.

Risky business — The Fleet and Family Support Center has a brand new workshop, "Risky Business," on Thursday, Jan. 22, from 10:30 a.m. to noon. Participants will be provided information on "recreational" gambling versus "problem" gambling.

Learn about the impact of problem gambling on personality, behavior, finances, family and social relationships and health, and where to obtain help for the problem gambler and his or her family members. Registration is required and may be made by calling 841-2283.

Control that anger— Anger is a powerful feeling. It can be used destructively, or it can be used for positive change. Come to the Fleet and Family Support Center's five-week Anger Management group beginning on Jan. 22 from 2:30 to 3:30 p.m. Learn how to manage your anger and change your life for the better. Registration is required and may be made by calling 841-2283.

Rebuilding when relationship ends — This workshop will be held in three parts and will take place at the FFSC on Wednesdays beginning Jan. 28 from 11:30 a.m. to 1 p.m. The program is based on materials by Dr. Bruce Fisher and is designed to help you adjust to the ending of a love relationship or marriage.

Topics of discussion will be coping with anger; adapting to independent life; dealing with loss; letting go and building self-esteem again; and enter-

ing new relationships. The workshop combines concrete information and group discussion.

Parenting-The Early Years (ages 2 to 6)—The Fleet and

Family Support Center is offering a workshop to help parents enhance their parenting skills.

This workshop is scheduled for Thursday, Jan. 29, from 9:30 to 11 a.m. The workshop will

provide parents the tools needed to make sense of their children's behavior and plan responses to it.

Parents will learn methods they can use to promote

responsible, cooperative, and productive behavior in their children.

Registration is required and may be made by calling 841-2283.

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What's going on

Navy to join celebration of Dr. King

Navy Newport will join the local community to celebrate the Newport County Dr. Martin Luther King Jr. national holiday on Monday, Jan. 19. The 2004 national theme is entitled "Remember! Celebrate! Act! A Day On, Not A Day Off!"

A contingent of Navy and Marine Corps personnel from the Seaman to Admiral-21 (STA-21) program and the Marine Corps Detachment are invited to join an 11-mile freedom torch run from Patriots Park at Routes 24 and 114 in Portsmouth beginning at 9 a.m.

Patriots Park is a memorial established for Rhode Island's first regiment — The Black Regiment. The run will end at Cranston-Calvert School in Newport where the main program will begin at 9:30 a.m. Navy Band Northeast will provide the music.

Other activities during the day-long observance symbolizing King's dream of non-violence and human equality, are a prayer breakfast, luncheon, Black History Bowl and conclude with evening worship service.

FRIDAY, Jan. 16

- Armed Services YMCA (846-9622):
 - Fitness Hour, 9 to 10:30 a.m.
 - A Spending Plan, 9 to 10:30 a.m.
 - Messy Fingers and Toes, 10:30 a.m. Come prepared to get messy making slime and gooey gak.
 - Scrapbooking, 6 p.m. to midnight.

- Family Friday at the Providence Children's Museum, 5 to 8 p.m., 100 South Street, Providence. Call 273-KIDS, or visit www.childrensmuseum.org

- Exhibit of Education in the Early Americas continues through May 1, Monday through Friday, 8:30 a.m. to 5 p.m.; Saturday, 9 a.m. to noon, John Carter Brown Library, Brown University, Providence. Focuses on the history of North and South America during the colonial period. For more information, call 863-2725.

- 1964, *The Tribute*, the World's Best Beatles Tribute Band, Stadium Theatre Performing Arts Center, Monument Square, Woonsocket. Call 762-4545.

- Soup kitchen at Martin Luther King Center, 8:30 a.m., Dr. Marcus Wheatland Boulevard, military volunteers welcome. Also, Salvation Army, 5 to 5:45 p.m.

Recreation Center movies are



Dr. King

shown upon request beginning tonight: *Dicky Roberts: Former Child Star* (PG-13); *Jeepers Creepers* (R).

SATURDAY, Jan. 17

- Soup kitchen, 4:30 p.m., Community Baptist Church, Dr. Marcus Wheatland Boulevard. Military volunteers welcome.

- Seal watch cruise, 9 a.m., departing from Bowen's Landing, Newport. Sponsored by Rose island Lighthouse Foundation and Save the Bay, passengers will explore seal habitat and learn the fascinating history and migratory habits of harbor seals. Adults, 18; children under 12 and seniors, 15. Also, Jan. 18, 9 and 10 a.m.; Jan. 24, 1:30 and 2:30 p.m.; Jan 25, 2 and 3 p.m.

SUNDAY, Jan. 18

- Chapel of Hope Sunday worship services:

- Protestant service, 8 and 10:30 a.m.

- Catholic mass, 9 a.m. and noon.

- Sunday Brunch, Officers' Club, 10 a.m. to 12:30 p.m.

- Sunday bowling, Sea view Bowling Lanes, Building 656, \$7 per person, two-person minimum per lane.

- Soup Kitchen, Salvation Army, 4 to 4:45 p.m. Military volunteer welcome.

- Sunday bird walks, 8 a.m. Norman Bird Sanctuary, Third Beach Road, Middletown. Call 846-2577 for more information.

- Art Exhibit: open Painting Exhibition opens through Jan. 30, Providence Art Club, 11 Thomas St., Providence. Monday through Friday, 11 a.m. to 4 p.m.; Saturday and Sunday, 2 p.m. to 4 p.m. Artist from New England compete for inclusion in open painting exhibit. Call 331-1114.

MONDAY, Jan. 19

- Dr. Martin Luther King Jr. Birthday Observance. Federal holiday.

- Armed Services YMCA (846-9622):

- Fitness Hour, 9 to 10:30 a.m.

- Mommy and Me Infant Massage, 9:30 a.m.

- Lovers' Night Out, 5 to 8 p.m.

- Fitness Walk and Tone, 8 to 9 a.m., Gym 109.

- Soup kitchen, 8:30 a.m. Martin Luther King Center, Dr. Marcus Wheatland Boulevard; St. Joseph's Church, 11:30 a.m., Broadway, Newport; Channing Memorial Church, 5 p.m., Pelham Street, Newport military volunteers welcome.

TUESDAY, Jan. 20

- Armed Services YMCA (846-9622):

- Fitness Hour 9 to 10:30 a.m.

- Scrapbooking, 9 a.m. to noon. \$5 to crop.

- Stamp-a-Rama, 9 a.m. Personalize cards, stationery and more.

- Adult Beginner Sewing 2, 9 a.m. to noon

- Fleet and Family Support Center

- Credit Process, 11:30 a.m. to 1 p.m. Learn how to establish credit, correct credit problems and rebuild good credit. Call 841-2283 for more information.

- Relationship Enhancement Workshop, 6:30 to 8:30 p.m. Second of six-session workshop for individuals and couples to learn ways to improve communications in personal relationships.

- Newport Navy Choristers rehearsal, 6:15-8:45 p.m., Quinn Lecture Room at Naval War College. Call 847-4256 or 423-3523 for more information.

WEDNESDAY, Jan. 21

- Armed Services YMCA (846-9622):

- Parents' Time Out, 9 a.m. to noon.

- Kids Sewing 2, 4 to 5:30 p.m. Also, Jan. 22, 4 to 5:30 p.m.

- Fleet and Family Support Center, Starting Your Own Business Workshop, 11:30 a.m. to 1 p.m. Find out the process of starting your own business. Call 841-2283.

- Soup kitchen, 8:30 a.m., Martin Luther King Center, Dr. Marcus Wheatland Boulevard, Newport; noon, United Baptist Church, Spring Street, Newport. Military volunteers welcome.

THURSDAY, Jan. 22

- Armed Services YMCA(846-9622)

- Fitness Hour, 9 to 10:30 a.m.

- Parent and Toddler Playgroup, 10:45 a.m. to noon.

- Introduction to Machine Sewing, 6 to 9 p.m.

- Fleet and Family Support Center, Gambling Addictions, 10:30 a.m. to noon. Learn about the signs and impact of problem gambling and resources to help. Call 841-2283 for more information.

Upcoming:

Jan. 24 — A Salute to Jazz Vocalists, 7 p.m., Rosecliff mansion. Jazz vocalists Shawn Monteiro and Steve Marvin will perform. Admission, \$35. For more information, call 847-1000, ext. 140

Jan. 29 — Northeast International Car Show begins through Feb. 1, Convention Center, One Sabin Street, Providence, hundreds of 2004 model cars.

CLEP phasing out paper-based tests

By **DARLENE GOODWIN**
NETC Public Affairs

PENSACOLA, Fla. — Responding to a decision by the developer of the College Level Exam Program (CLEP) exams to phase out paper-based tests, the voluntary education staffs at the Naval Education and Training Command (NETC) and the Naval Education and Training Professional Development and Technology Center (NETPDT) are working to maximize options for Sailors looking to earn college credits through testing.

College Board, the national testing agency which owns the CLEP exams, has started transitioning from paper-based to electronic computer-based tests (eCBTs) in their National Test Centers. However, software and computer infrastructure issues preclude the Department of Defense (DoD) from immediately transitioning to the eCBT CLEP tests.

Although the phase-out of current paper-based tests will be complete by March 2004, College Board has agreed to develop and maintain 14 of the most requested CLEP test titles in paper form specifically for use by military members.

According to Lt. Cmdr. Steven Stopler, Director, Navy Voluntary Education, the new DoD-only paper exams are scheduled to be released in April 2004.

"During the transition when Sailors will be unable to take a number of the paper-based CLEP tests at military test centers, it is important they know there are other opportunities through which they can pursue college credit by examination," said Stopler. "The Defense Activity for Non-Traditional Education Support (DANTES) Subject Standardized Test (DSST) and Excelsior College Exam (ECE) continue to be good options for credit by CLEP, Page 12

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Fleet Reserve kicks off 2004 scholarship program

ALEXANDRIA, VA — Fleet Reserve Association (FRA) is accepting applications for its 2004 scholarship program. Last year, FRA awarded more than \$85,000 in scholarships to deserving students across the country. Applications for this year's scholarships must be postmarked no later than April 15.

"FRA is proud to sponsor a program that recognizes excellence in the classroom as well as active involvement in the community," said Joe Barnes, FRA National Executive Secretary. "FRA's scholarship program is just one of several initiatives the Association employs to benefit our members, their families and their communities."

FRA-funded scholarships are awarded to FRA members in good standing, their dependent children, grandchildren and spouses. The program is competitive and selection is based on financial need, academic standing, character, and leadership qualities. Preference is given to dependents of FRA members.

Scholarship applications can be requested by calling 1-800-626-9071 or FRA National Headquarters at 1-800-FRA-1924. Applications can also be downloaded from FRA's "FAQ" section of the Association's website (www.fra.org). It is important that applicants utilize the FRA scholarship applications with a revision date of 10/01 or later. All prior applications are obsolete. Failure to complete the forms or comply with instructions will eliminate an applicant from consideration.

Applicants will automatically be considered for any scholarship the FRA is able to offer during a specific cycle, provided that the applicant meets the eligibility requirements (based on the desires of the donor) and the application has been completed correctly. Award recipients are notified in writing and by telephone. FRA only notifies the applicants who have been selected to receive a scholarship.

FRA will award the following scholarships for 2003-2004:

- The FRA Scholarship: Six awards of \$5,000 each.
- The Schuyler S. Pyle Scholarship: One award of \$5,000.
- The Robert W. Nolan

Scholarship, The Glenn F. Glezen Scholarship and The Joseph R. Baranski Scholarship: Three separate awards of \$5,000 each. Preference is given to applicants enrolled in courses of study at the post-

graduate (masters/doctorate) level.

— The Stanley A. Doran Memorial Scholarship: One award. Only dependent children of FRA members in good standing are eligible for this

award.

— The Oliver and Esther R. Howard Scholarship: One award. Only dependent children of FRA or LA FRA members are eligible for this award. The recipient must pursue a

post-high school, undergraduate degree. Awards are alternated annually between female dependents (even-numbered years) and male dependents (odd-numbered years).

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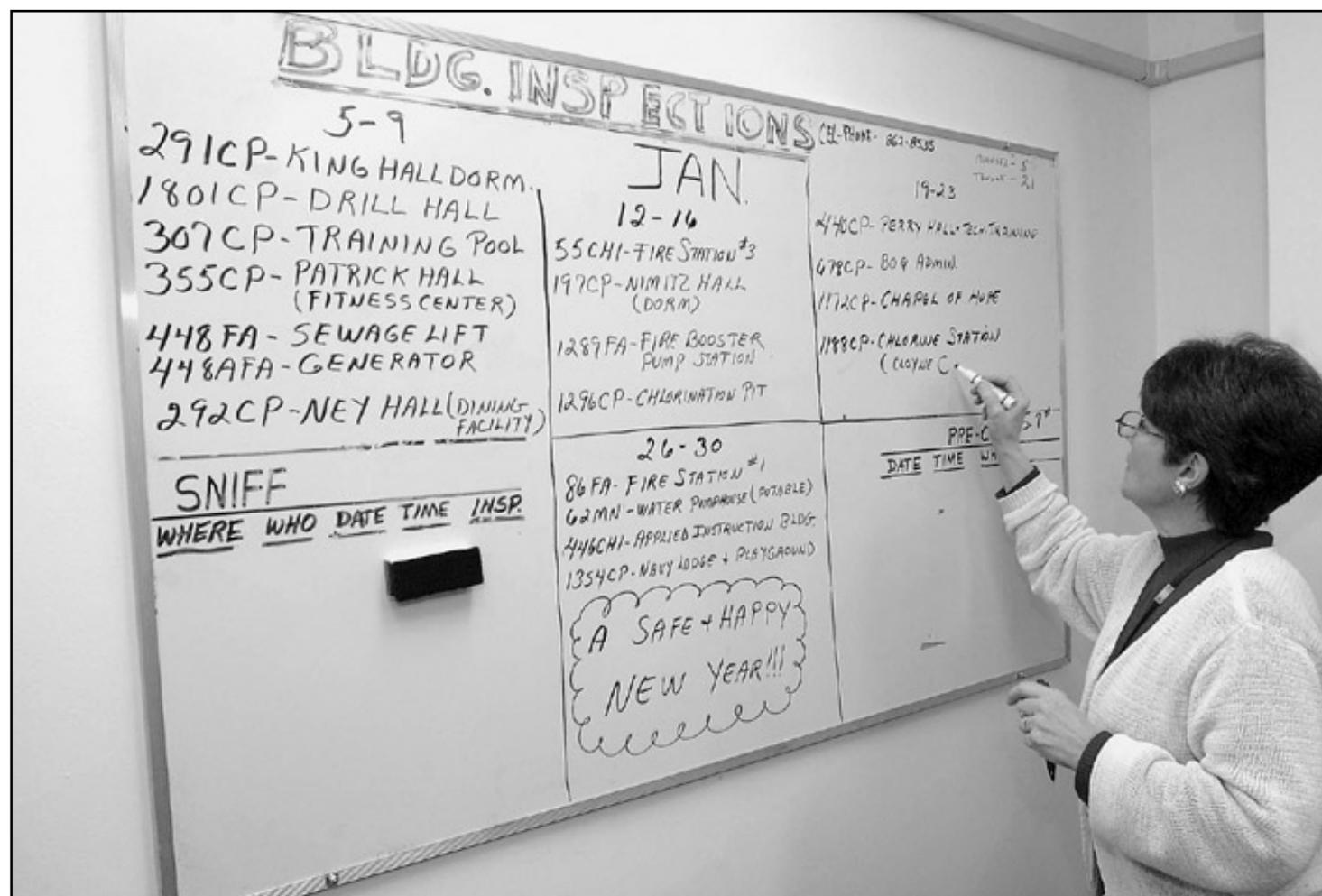
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Navy safety is Priority 1



A BANNER hanging from the rafters in the Trades workshop in Building 63A promotes safety awareness.

ADMINISTRATIVE assistant Gail Silva schedules safety inspections at Naval Station Newport on a wall chart at the Navy Occupational Safety and Health Office in Building 1.



By JOY CHRISTMAS
NAVSTA Public Affairs Staff

Rattle off a building or space number to the staff in Navy Occupational Safety and Health (NAVOSH) Office at Naval Station (NAVSTA) Newport and they can tell you exactly where it's located. That's because it's their job to inspect every numbered building and or space to ensure it is structurally sound and safe for employees.

Roger Georgeson of the NAT-STA NAVOSH Office said all inspections are governed by the stringent standards in the NAVOSH manual.

"It is primarily our Bible," said Georgeson, who oversees safety operations at NAVSTA. "But we use the most stringent requirements no matter who publishes it, whether it's OSHA or a manufacturer."

Georgeson oversees a staff that includes NAVOSH specialists David Beamer and Dan Lannan,

NAVOSH technician Leon White, and administrative assistant Gail Silva.

All NAVOSH technicians and specialists must pass a minimum of six core courses in various aspects of safety inspection before qualified to work in the field. To maintain their certification, four continuous education classes must be taken annually.

Between them, roughly 200 buildings and spaces at NAVSTA and its tenant commands are inspected annually. In addition, they are responsible for the safe occupancy of 20 Naval and Marine Corps Reserve Centers South to Earle, N.J., north to Bangor, Maine, and west to Buffalo, N.Y., that operate under the direction of the Naval Reserve Readiness Command Northeast based at NAVSTA Newport.

Collectively, the team works together to eliminate such discrepancies as missing electrical outlet covers, unlabelled panel boxes, blocked exit paths, unlit



NAVOSH technician Leon White performs a gas free test on a sewage lift station on Pier Two to ensure no hazardous gases are present before Public Works workers enter.



TOP: NAVOSH specialist Dave Beamer looks for asbestos fibers in the floor tiles of Building 1.



LEFT: Beamer bags samples for testing.

**Ron Fontaine
U.S. Navy photos**



NAVOSH specialist Dan Lannan reviews information he disseminates to NAVSTA workers pertaining to safe practices for work and at home.

Safety

Continued from Page 8

exit signs, and properly working emergency lighting in the case of a power outage.

But some potential dangers can be caused by the unsafe practices of the employees themselves.

"We check for such things as overloaded/dangerously-placed extension cords and unauthorized space heaters," said White. All extension cords and surge protectors must be United Laboratories (UL) approved and only space heaters that automatically shut off if tipped over can be used in workspaces.

Assessments are made to ensure employees have proper tools to perform their jobs and are using them safely.

This can range from having an ergonomically correct office workstation to using protective eyeglasses, face shields, safety shoes or earplugs in a trades shop.

Although qualified in some of the same areas, workers are tasked with some core responsibilities.

For example, Dan Lannan is tasked as the command training specialist and holds numerous safety education sessions and general military training (GMT) in such areas as lockout-tagout, hearing and sight conservation, forklift operation, explosive and hazardous material handling and blood borne pathogens. Lannan also maintains the NAVOSH Safety Spotlight website with specific topics of safety information.

Beamer, who is also the assistant NAVOSH manager, is the command asbestos manager.

"Absolutely no asbestos work is done without his (Beamer's) approval," said Georgeson.

If asbestos is suspected during any renovation, construction or demolition, all work comes to an end."

In addition, Beamer reviews all safety specifications for renovations, demolition or new construction and procurement of any protective equipment to ensure it meets NAVOSH standards. He also inspects all equipment before it's installed in workshops, and administers the respirator fit test to employees who are required to use such equipment.

Working in confined space, such as crawl spaces under buildings or a sewage pump station which have one way in and one way out, can also pose serious dangers for Public Works employees who may have to perform

work there. In closed spaces, hazardous gases can accumulate. White is often called to ensure the work environment is safe.

"We use a calibrated gas meter to ensure sufficient oxygen is present and the space is absent of harmful levels of gases such as carbon monoxide and hydrogen sulfide," he said.

Once the space is certified safe, workers have eight hours to accomplish the job or the space has to be rechecked and certified again.

Even as they ride around NAVSTA or walk through buildings, the staff keeps alert for any safety hazards or violations. Georgeson said spot checks bring awareness to employees and many times spark questions about safety that they encourage.

Although the dwellings in Navy housing areas are not the responsibility of the NAVOSH Office, the safety of the 32 playgrounds are. They are inspected annually for hazards such as loose nuts and bolts and proper protective ground cover. Even the spacing between bars or other openings is measured to meet the standards to prevent fingers or other extremities from being trapped. If someone calls with a complaint or question it will be followed up.

"If we don't have the answer, we will do the research and get back to you," he said.

The same policy goes for any safety violation.

"We follow everything from cradle to grave," said Georgeson. For every inspection there is a checklist of standards to meet. Cross-referencing is used, but is never less than Navy requirements.

If a safety violation is found, the department head or manager is notified to submit a work request and have it corrected. The report of the status of that action must be submitted back every 30 days until corrected.

Conducting inspections and its corresponding tasks can be a never-ending cycle, but Ms. Silva flawlessly keeps everyone on track. She maintains the scheduling board, devises and sends out correspondence and tracks deficiency reports for compliance until rectified.

Georgeson said it's safety first at NAVSTA and it's everyone's responsibility to be vigilant. With cooperation from everyone, it remains a safe place to live and work, he said.

Naval Station Newport Dining

Navy clubs have best seats for Super Bowl

Where are you going to watch the Super Bowl XXXVIII on Feb. 1?

It's the biggest game of the year and we don't want you to miss a play! That's why you will want to visit the Recreation Center in Building 656 or the Topside Pub at the Officers' Club to cheer on your favorite team as they vie for the top gridiron honors.

Watch the battle for the bowl title live from Houston, Texas, on three flat screen televisions at the CPO Lounge; or on two big screens at the Enlisted Lounge, both in the Recreation Center. The Recreation Center will have a "super" complimentary buffet starting at the end of the first quarter until the end of half time, \$1 domestic house drafts (16 oz.), and promotional giveaways.

The Officers' Club invites you to enjoy the game on a dozen televisions in the Topside Pub. A super complimentary half time buffet, free peanuts and popcorn, and \$2 domestic house drafts (16 oz.) are offered.

There also will be a free Super Bowl football pool. Participants can pick one square per person, beginning on Feb. 1 in the Topside Pub. The grand prize is an Officers' Club jacket, and quarterly prizes include O'Club ball caps and other fun items.

The Enlisted Club opens at noon and the CPO Lounge and Topside Pub at the Officers' Club will open at 4 p.m.; the game kicks off at 6:25 p.m.

Don't miss the best Super Bowl bash around. Grab your friends and head over to your favorite destination! For more information, call 841-3054 for Recreation Center or 849-3693 for Topside Pub.

Officers' Club

(Building 95, Phone 841-4821, 846-7987 or 849-3693)

Today: Lunch, 11 a.m. to 1:15 p.m., first deck, buffet-style selections.

Tonight: Kick-off the weekend with complimentary hors d'oeuvres in the Topside Pub from 5 to 7 p.m. Order your favorite beverage or something from the pub menu, available until an hour before closing.

Saturday: Topside Pub opens at 4 p.m. Full pub menu available until one hour before closing.

Sunday: Topside Pub is open noon to 8 p.m. Full pub menu available until one hour before closing. Come watch the NFL Sunday Ticket on one of the many televisions at Topside Pub.

Upcoming Events:

Advance tickets may be required for the following events. Gratuity is included in all tickets prices and there is no charge for children age 3 and under at special events.

Tickets are available at the Officers' Club Gift Shop during normal hours of operation or by phone using Visa or MasterCard.

To purchase tickets or for more information, call 846-7987 or 841-4821.

Valentine's Dinner Show : Your Valentine will feel extra special if you purchase tickets to this fabulous evening of romance! Treat your



TREAT your special someone to a Valentine's Dinner Show, featuring an exquisite dinner followed by dancing to the music of the Mac Chrupcala Band, on Friday, Feb. 13 at the Officers' Club. More information this page.

love to an exquisite dinner followed by dancing to the music of the incredible Mac Chrupcala Band on Friday, Feb. 13 at the Officers' Club.

The romantic menu begins at 6 p.m. with hors d'oeuvres and cocktails (cash bar) served in the Bay Room. Baskets of warm bread and Caesar salad are the preview for the main course — a sumptuous surf 'n turf dinner of Chateaubriand and baked stuffed lobster.

Dessert for two is oversized strawberry shortcake topped with fresh whipped cream and served with piping hot coffee.

After dinner, dance to The Mac Chrupcala Band.

Tickets to this romantic event cost \$29.85 per person, including gratuity and are on sale now at the Officers' Club Gift Shop. To purchase by phone using Visa/MC, call 846-7987.

Enlisted Lounges

(Recreation Center, Building 656, phone 841-3054)

Hours of operation: The Enlisted Club is open 11 a.m. to 11 p.m., Monday to Saturday and from noon to 6 p.m. on Sunday. The CPO Lounge is open Monday through Thursday, 4 to 9 p.m. and Friday, 4 to 11 p.m..

Today: Lunch served from 11 a.m. featuring sandwiches, burgers, soups and salads and creamy white New England-style clam chowder. Lunch is open to all hands and Department of Defense civilians are always welcome. Call for advance order take-out. No home delivery.

Also, enjoy complimentary unlimited use of the pool tables from 1 to 5 p.m.

Tonight: Kick off the weekend with a rockin' good time! Head over to the Recreation Center, Building 656, every Friday and kick off the weekend with a fabulous TGIF party!

Starting at 5 p.m., you are invited to enjoy complimentary hors d'oeuvres, sip refreshing beverages, and listen to the coolest tunes, spun by a rocking DJ from "Get With it Productions."

Information, Tickets and Travel

Swing into spring with ballroom dancing

Get out your dancing shoes and get ready to swing into spring with fabulous ballroom dancing classes! Classes will begin on Wednesday, Jan. 21, at the Knights of Columbus on Valley Road in Middletown. Pre-register at Information, Tickets and Travel Office in Building 656 today!

The eight-week course covers the basic steps of three different dances and will have you steppin' out on the dance floor in style in no time! Choose the American class which is held from 7 to 8 p.m. and teaches you the waltz, fox-trot and swing, or sign up for the Latin class which is held from 8 to 9 p.m. and teaches you how to tango, rumba and cha-cha.

Cost is \$50 per person for eight 1-hour classes, and \$80 per person for both classes. No prior experience is necessary, singles are welcome and the dress is casual. Call 841-3116 for more information.

Monster trucks jam at The Dunk

The U.S. Hot Rod Monster Jam is back at the Dunkin' Donuts Center in Providence, R.I., racing hard and crushing cars like you've never seen! The MWR Information, Tickets & Travel Office at Building 656 has discounted tickets remaining for the 8 p.m. performance on Friday, Feb. 27.

The legendary lineup features *Gravedigger*, *Gun Slinger*, *Black Stallion* and the Latin sensation *El Toro Loco*. Also featured will be four-wheel ATV action of the Quad Wars and impressive aerial motorcycle stunts of freestyle motocross. Tickets are priced at \$11.50 per person. For more information, call 841-3116.

Broadway musicals offered in Providence

The Information, Tickets and Travel Office in Building 656 has tickets available for the following Broadway musicals coming to the Providence Performing Arts Center in Providence.

Seating is located in the orchestra section for the Sunday matinee performances of the following shows:

Mama Mia, April 4, 1 p.m., \$58

The Graduate, April 18, 2 p.m. \$50.75

Starlight Express (music of Andrew Lloyd Webber), May 23, 2 p.m., \$49.

Tickets will be sold on a first-come, first-served basis and due to the limited number of tickets available, the Information, Tickets & Travel Office reserves the right to limit quantities.

Visit the Information, Tickets and Travel Office in Building 656 to purchase tickets or call 841-3116 for more information.

Passport photos available at ITT

In a hurry, need a passport photo fast?

Visit Information, Tickets and Travel Office in Building 656 and get your passport photos taken, no appointment necessary! Photos cost \$8 and can be done during hours of operation, 11 a.m. to 4 p.m. Monday through Friday. For more information, call ITT at 841-3116.

Discount tickets to Fla., Va. sights

Save money before you leave on vacation! Information, Tickets and Travel Office in Building 656 has numerous discounted tickets for Florida and Virginia area attractions. Disney World 4, 5, 6 and 7-day hopper tickets, Pleasure Island, Blizzard Beach, Disney Quest, Bush Gardens, Universal and Seaworld tickets are a sample of the ticket selection available at ITT. For more information, stop by Building 656 or call 841-3116.

P-Bruins vouchers available

The Information, Tickets and Travel Office, Building 656, has discount ticket vouchers for all regular season Providence Bruins home games. The vouchers cost just \$13 each and are easy to redeem—simply take them to the Dunkin' Donuts Center Box Office or redeem by mail for the best available seating.

For more information, call 841-3116.

Leisure

Bowling

(Building 656, 841-4293)

Winter Bowling Hours: The Seaview Bowling Center, Building 656 announces the following winter operating schedule: Monday, 5 to 9 p.m.; Tuesday through Friday, 5 to 10 p.m.; and Saturday and Sunday, 1 to 7 p.m. Rock and Bowl, every other Saturday, 8 to 11 p.m.

For more information, call the Bowling Center at 841-4293, during business hours.

Specials:

- Rock and Bowl: Every other Saturday night beginning at 8 p.m. Cost is just \$7 per person. Bowl a strike when the head pin is red and you will win a prize! It's rocking, it's rolling, it's bowling and it's a blast! Rock and Bowl Night is next Saturday, Jan. 24.

- Sunday special is \$7 an hour from 1 to 7 p.m. for two people.

- Bowling birthday parties available Saturdays and Sundays and include reserved lanes with or without bumpers. A party table with chairs is also included. Cost is just \$5 for each child, including shoe rental.

- Bumper bowling is always available.

Youth/special fitness activities

(Gym 109, 841-3154)

- Youth fitness program: Eligible youth wishing to utilize Morale, Welfare and Recreation Department fitness facilities (Gym 109 and FITNESS Plus) are required to take a mandatory resistance and aerobics training class prior to entering the facilities during the designated times.

This class is required for youth ages 10 to 15, and is also available for 16 and 17-year-olds that may also choose to participate in the fitness assessment program instead.

The Youth Fitness Class is available on an individual basis by pre-registering at Gym 109 or FITNESS Plus in Building 355. Parents are required to be in the building where the course is being held during all class sessions.

Complete details on this program and youth fitness policies are available at Gym 109. Call 841-7196 for infor-

mation or to pre-register.

Gymnasium

(Gym 109, 841-3154 or FITNESS Plus, Building 355, 841-1474)

Massage therapy offered at Fitness Plus: Need to reduce muscular aches and pains? Or do you want to feel more relaxed? A massage therapist will be available at Fitness Plus, Building 355. Body-Wise Therapeutic Massage will be offering a variety of services. Pick from Swedish relaxation massage, sports massage, trigger-tender point therapy or deep tissue massage.

Techniques may be combined to best suit your needs. The prices for massages are: \$35 for a half-hour and \$65 for a full hour. For questions on massages, call 848-9825. For an appointment, call Fitness Plus at 841-1474.

Intramural basketball: The Naval Station Newport Intramural Basketball League will run to March 19 and is open to active duty, retirees, reservists, dependents and Department of Defense civilians ages 18 and over.

Registration is underway and will be accepted Monday through Friday 8 a.m. to 4:30 p.m. at Gym 109 until Friday, Jan. 30. The league is divided into age categories for players 18 and over and 35 and over and games are played Monday through Friday evenings at 5:30, 6:30 and 7:30 on Courts 1 and 3.

There is a \$15 fee for DoD civilians and teams are limited to four DoD participants. All teams are required to pay a \$100 refundable forfeit fee, and teams must have matching shirts with numbers by the first game.

For more information, call the Athletic Office at 841-7196.

Aerobics/exercise

(FITNESS Plus, Building 355, 841-1474)

Current hours of operation are Monday to Friday, 5 a.m. to 7:30 p.m.; closed weekends and holidays.

New Yoga sessions to start in January: Stressed out with your daily routine? Looking for something to help you relieve stress and relax?

Then you will want to regis-

ter today for the next session of "Vinyasa," a dynamic yoga class beginning Wednesday, Jan. 21. The class will meet from 4:45 to 5:45 p.m. at Fitness Plus, Building 355. This class is designed for the active individual and takes participants through a series of poses with particular emphasis on using breath to guide movement. Students will learn the Ujjayi breathing technique and proper posture alignment while enjoying a vigorous cardiovascular workout. Special attention will be directed towards postures that aid in athletic activities.

Kristen Wilkes, a certified Yoga instructor and a licensed dietician at the Naval Ambulatory Care Center, will teach. The six-week session costs \$60 and classes are held in the Aerobics Room at Fitness Plus. A minimum of 10, pre-registered participants is needed for classes to begin and all participants must have a yoga mat by the first class.

For more information, call Fitness Plus at 841-1474.

Computer Café

(Building 656, 841-2194)

- Personal computers available seven days a week to send and receive email, surf the web, play games — all at no charge. Open Monday through Friday, 11 a.m. to 9 p.m. Saturday, noon to 9 p.m. and Sunday, 1 to 6 p.m. Food menu available from the Recreation Center kitchen.

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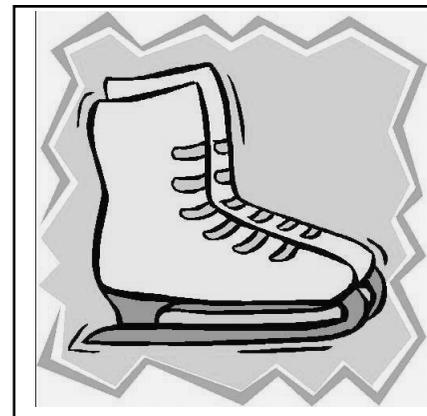
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Gear Rental

Rent ice skates at Gear Rental

Going to the Born Family Skating Rink downtown, or to the Fleet Skating Center in Providence?

Visit Gear Rental before you go and rent skates for just \$3 (military)! Gear Rental also has a full-line of skis and snowboards for rent, making it easy for you to get out and enjoy winter sports! Call 841-2568 for more information.



Get ready to ski Northeast slopes

The ski season is just around the corner. Are you ready for it? Don't wait to have your ski measurements taken. Come into Gear Rental, Building 303, and do it today! Ski-fittings are available Tuesday through Friday from 11 a.m. to 4 p.m. and Saturday from 9 to 11 a.m.

Appointments are unnecessary for individual fittings; however, groups of five or more should call ahead. For more information, please call Gear Rental at 841-2568.

Hours of operation

Gear Rental hours of operation are Tuesday through Friday 11 a.m. to 6 p.m., Saturday, 9 a.m. to 1 p.m., Closed Sunday, Monday and holidays.



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CLEP

Continued from Page 6

exam. Additionally, 35 CLEP eCBTs are currently available to Sailors if they wish to take their test at a National Test Center located on many college and university campuses.

"Just because CLEP tests are not available through the military for this short period does not mean Sailors have to stop their pursuit of a college education."

It is important to note that if Sailors take the computer-based CLEP tests at a National

Test Center, they must pay a registration fee (generally about \$20) that will not be covered by DANTES. There is no registration fee for tests taken at military test centers. Additionally, whether taking a test at a National Test Center or a military test center, there is an exam fee (generally about \$50). When taking a CLEP test at a military test center, DANTES pays the exam fee, and beginning in late January or early February 2004, DANTES antic-

ipates funding the eCBT CLEP exam fee for Sailors taking exams at a National Test Center. However, an exact date has not yet been established for DANTES to pay the exam fee, and Sailors should check the DANTES website (www.dantes.doded.mil) for the exact start date of funding for the exam fee.

As soon as the new paper-based tests are in place, the Navy will work closely with DANTES and the College

Board to begin implementing CLEP eCBT exams at Navy College Offices around the world. Stopler said they are targeting the end of 2005 to begin administering the CLEP tests electronically at military test centers.

"We've budgeted for the hardware for our Navy College Offices to facilitate electronic CLEP tests, and once we solve the software and security issues, we will begin the next phase of transition to eCBT,"

said Stopler. "We are committed to providing the tools Sailors need to succeed personally and professionally at all points in their career."

For additional information, contact your nearest Navy College Office, or visit the Navy College Program website at <https://www.navycollege.navy.mil>. You may also reach the Navy College Center by telephone, toll-free, at 1-877-253-7122 or DSN 922-1828.

Frostbite

Continued from Page 2

4687. The company will either respond or redirect the problem if it is not covered by their contract, and should get a service call number. If there is no answer or the line is constantly busy, call the Naval Station Newport quarterdeck at 841-3456.

—If cold temperatures are predicted and your unit has had problems with pipes freezing in the past, slightly open water faucets, taps or valves to a slow drip to help prevent freezing. The Housing Office will put out an advisory when this precaution should be taken.

—Locate your main water shut off valve so that water can be secured to minimize damage if pipes burst. The main valve may control water to more than one unit..

—If you're going to be away from home when cold temperatures are predicted have a neighbor or relative periodically checked your home.

—Report any "Night Watchman" lights burning in vacant units.

Beware of frostbite

Roger Georgeson, Naval Occupational, Safety and Health manager for Naval Station Newport, offers some cold weather tips to prevent frostbite.

Proper clothing for winter weather insulates from the cold, lets perspiration evaporate and provides protection against wind, rain and snow. Wear several layers of light, loose clothing that will trap air but provide adequate ventilation. This is better protection than one bulky or heavy cover-

ing.

Choice fabrics for the cold are wool, polyester substitutes and water-repellent materials (not waterproof, which holds in perspiration). Down coats and vests are warm; however, if down gets wet it is not an effectively warm fabric.

Coverings for the head and neck are important. Hats, hoods, scarves, earmuffs and facemasks all add up to good protection.

Protect your feet and toes. Wear two pairs of socks — wool is best, or cotton socks with a pair of wool on top. Wear well-fitted boots, high enough to cover the ankles.

Hand coverings are vital. Mittens are warmer than gloves, but may limit what you can do with your fingers. Wear lightweight gloves under mittens so you'll still have protection if you need to take off your mittens to use your fingers.

Be sure your clothing and boots are not tight. A decrease in blood flow makes it harder to keep the body parts warm and increases the risk of frostbite.

When in frostbite-causing conditions, remember to dress appropriately, stay near adequate shelter, avoid alcohol and tobacco, and avoid remaining in the same position for long periods.

Symptoms of frostbite

Mild frostbite (frostnip) affects the outer skin layers and appears as a blanching or whitening of the skin. Usually, these symptoms disappear as warming occurs, but the skin may appear red for several hours after.

Artists

Continued from Page 3

ine what we would do without their support," he said.

"From conferences to briefings to every day academic support, Keith and his very talented group never fail to provide a quality product."

McClenning said the department processes over 2,000 requests a year, or 40 a week. It prints over 1,000 posters a year and designs enough logos to fill the entire memory of a powerful computer.

He estimates that about 70 percent of the jobs are received by the department with a ample deadline time, while the other 30 percent would be classified as "last minute" requests.

"We understand how important deadlines are," he said. "Somehow, regardless of when we get the request, we seem to always get the job done."

Anyone who visits the department in Pringle will quickly understand why. It is a well-organized and well-run team.

Visitors first meet Ms. Jewell Hensley, a native West Virginian, who is in charge of keeping everything organized, from supplies and work-orders to the foot traffic at the door.

"Only the regular customers get past me, and that's ok," said Hensley. "It's never the same here, except that it's always busy."

Once a customer states their request, they will be directed to one of three people.

If you need a design created from scratch, chances are Mr. Jason Peters will help you out. Peters, an illustrator who has been with the War College for four years, works on artistic

conceptions for major projects such as the Patriots Memorial adjacent to McCarty-Little Hall.

"The Patriots Memorial was a six-month job for me from beginning to end," he said. "My job allows me to exercise my mind on a variety of different things."

Peters, who tries to keep up with the latest trends by attending classes at the Rhode Island School of Design, is currently working on a new, three-dimensional wall logo for the Naval Staff College.

Visitors who need help quickly are referred to Arthur Lamoureux. He is a visual information specialist who has been at the college for nine years. McClenning said he is the man to go to if you are having trouble getting your message across to an audience.

"It sounds so simple to create a visual-aid, but when you look at a well-conceived graphic design, it takes a lot of work to make it easy to read," McClenning said. "Art is great at helping people communicate to any audience."

"I never know what I will be doing from one day to another. Some days I will work on a few different projects, which allows me to really get creative," said Lamoureux.

Ms. Cristina Hartley, the senior member of the office with 20 years service, does a little bit of everything and enjoys the role the department plays in the bigger picture at the college.

"Being in this business, we are right in the middle of all the important events that take place here. We get to con-

tribute to the prestige of the institution."

Hartley is currently working with the Naval War College Museum on a variety of projects.

Not to be overlooked is the professional photographer, Joe Quinn. Quinn, whose office is located a few decks below the graphic artists, is in charge of handling all official photos for service records and large groups. Unlike the rest of the department, Quinn interacts with a lot of tenant commands on base.

"Officers are always in need of updating their records and having quarterdeck photos for their next assignment," he said.

Quinn, who arrived at the Naval War College in October 2002, processes about 20 to 30 jobs a week, which includes making everyone look their best.

"After I shoot an official photo, I color correct it and make prints or digital files for the customer."

Rounding out the department is Joe Bara, an illustrator who is responsible for all graphics work for the War Gaming Department. Located in McCarty-Little Hall, Bara has his hands full as the college has conducted well over 200 war games in the past year alone.

Bara's handiwork can frequently be seen on the video wall which greets all visitors to the war gaming facility.

Despite all the work the Graphics Department receives, it is still eager to "get the word out" to the college about services provided.

Fallon

Continued from Page 2

units and special operations support by Helicopter Combat Support Squadron 4 (HCS-4) and HCS-5. They both possess one-of-a kind capabilities that exist primarily in the Naval Reserve;

—USS Stephen W. Groves' (FFG-29) counter-narcotics achievements.

These are just a few examples of the significant contributions Naval Reserve units are making toward the global war on terrorism.

More than 22,000 naval reservists have been mobilized since Sept. 11, and more have been notified of upcoming recalls to active duty. Daily, our talented reservists and their supported commands innovate ways to apply our Annual Training (AT), Active Duty for Training (ADT) and flex drill "man-days" to maximize support of fleet requirements, maintain a high state of "readiness," and continue to demonstrate the value of the Naval Reserve...capability and commitment, anytime, anywhere, 24/7/365.

"Fully integrated" — The Navy must take ownership of its reserve force. Our military's current force structure was designed to combat a cold war era enemy that no longer exists. Today's enemies are smaller, more difficult to identify and aggressively apply asymmetric tactics. To win the war on terrorism, we need to rapidly transform and become a more flexible service with surge capability.

We also need to recapitalize our fleet to take advantage of new technologies that will enable us to defeat our nation's enemies overseas, so we do not have to fight them at home.

We can only accomplish this by utilizing all of the resources at our disposal in the most efficient and effective manner, which is best accomplished as one fully integrated force. To that end, Commander, Naval Reserve Force (CNRF) and Commander, Fleet Forces Command (CFFC) has engaged in an aggressive plan to rapidly integrate active and reserve forces.

Adm. Fallon offers his perspective on the progress we have made and what the future may hold for the Navy's total force:

Q. You've said in the past

that one of your top five priorities for Fleet Forces Command (FFC) is to "bring the reserve and active components of our Navy together as a fully integrated fighting force." Can you provide us some background on why this issue is so important?

A. There are currently more than 87,000 naval reservists. These Selected Reservists (SELRES) constitute roughly 20 percent of our Navy's total force. Speaking strictly from the standpoint of efficient use of resources, it's obvious we must optimize how we use this portion of the force to meet the Navy's war fighting requirements.

I'm convinced current reserve force organizational alignment, force structure and integration with the active force is not what it should be.

In my last job as Vice Chief of Naval Operations, I, along with the Assistant Secretary of the Navy for Manpower and Reserve Affairs, commissioned a study to propose methods for transforming the Naval Reserve to achieve full integration with the active force.

This study made some excellent recommendations and the Chief of Naval Operations has passed several key initiatives to FFC for implementation.

Q. What is the role of FFC in this effort?

A. FFC was assigned executive agency for five specific initiatives:

- 1) Validation of Naval Reserve requirements;
- 2) Identification of the Naval Reserve role in supporting Sea Power 21;
- 3) Identification of Naval Reserve requirements for readiness and training;
- 4) Responsibility for training and readiness of the reserves, and;
- 5) Assessment of reserve readiness.

In order to tackle these initiatives, I have established a new branch within the FFC N8, Force Integration, headed by a flag officer. The Force Integration branch is actively engaged in a comprehensive zero-based review of capabilities that can be fulfilled by the reserve component. This is the first step in achieving a more effective and efficient total force.

Q. Can you tell us a little bit

about this zero-based review? What is the breadth? Who is participating? Is there a timeline? What are the goals?

A. The zero-based review is examining the entire Navy and includes inputs from all Navy Echelon II commands and all FFC Echelon III commands. These inputs include evaluations of existing Naval Reserve Force structure as well as non-existing capabilities that would fill a gap in vital mission requirements.

All inputs are being reviewed and validated by FFC. Following review and validation, FFC will forward a recommendation to the office of the Chief of Naval Operations (OPNAV) for approval. Upon approval, we will begin the programming and manpower actions necessary to restructure the Reserve force.

Q. When you say the entire Navy, do you mean that in this review FFC will conduct validations on capability requirements for claimants such as Bureau of Medicine and Surgery (BUMED), Bureau of Naval Personnel (BUPERS), Military Sealift Command (MSC) and others who do not fall under FFC?

A. The CNO has appointed the FFC as executive agent and Navy-wide coordinating authority for this review. FFC is receiving inputs from all Echelon II activities, some of which have extensive Reserve components.

We're asking these commands to take a close look at capabilities they provide to the Navy and recommend the optimal role for the Naval Reserve in helping deliver those capabilities. This is something that hasn't been done for some time, and I suspect in some cases we will discover reserve units that do not provide adequate return on investment.

In those cases, we will recommend the units be eliminated. In contrast, there are sure to be areas where additional reserve capability would be the most efficient way to provide a required capability. In those cases, we might recommend forming additional units and aligning them in a manner that makes them more visible and readily available to the active unit they support.

Q. Is this task being spear-

headed by the active component or the Reserve component?

A. This is a task for the active component. For many years now there has been an inclination among the active component to disregard reserve issues or to pass them off to the reserve component for action.

This has been a primary factor in the current lack of integration between the active and reserve force. In order to achieve a fully integrated fighting force, it is vital that the active component take ownership of the Naval Reserve. That said, there is plenty of room for reserve component support to this effort. Their subject matter expertise and in-depth knowledge of existing reserve policies and procedures will be crucial to this effort.

Q. Do you have a vision of what the reserve force will look like after this zero-based review?

A. Our goal is to let the Navy's war fighting requirements drive the size and shape of the reserve component. We specifically avoided providing a force structure vision to avoid inhibiting out-of-the-box thinking. My desire is to create requirements-based reserve force sized and shaped to the needs of the joint war fighter.

Clearly, the reserve force will grow in some areas and shrink in others with the end result being a more operationally responsive and mission oriented Reserve force fully integrated with the active component.

Q. As we proceed toward the fully integrated force will there remain a role for the Echelon II and III reserve staffs?

A. As part of the redesign of the Naval Reserve initiative, we created an additional duty relationship between Commander, Naval Reserve Force/Commander, Naval Reserve Forces Command; and Commander, U. S. Fleet Forces Command.

This relationship emphasizes the vital role our reserve component plays to supporting the fleet and the support of these commands during the integration effort will be essential.

As we progress down the road toward full integration, I

would expect the need for large Reserve infrastructure administration will decrease. Ideally, we will shift reserve manpower functions to BUPERS and the training and readiness requirements will fall upon the active commands that own the reservists.

Q. The current Naval Reserve Force consists of 64 percent augmentation units and 36 percent commissioned units. Do you foresee a change in this mix?

A. It's hard to say if there will be a shift in the ratio, but within each group there will be some changes. Within the reserve commissioned units we will see some Reserve aviation squadrons shifting from commissioned squadrons to augment units attached to an active duty squadron.

In the Naval Coastal Warfare (NCW) community, we are planning to shift some reserve capability over to the active component to rectify an active/reserve mix discrepancy that has placed a great deal of stress on our reserve NCW units in recent years.

Within our augment units, I expect to see increased emphasis on the relationship between the Reserve augment unit and the active unit it supports. The days when active duty commanding officers never see or communicate with Reserve units attached to their command must become something of the past. Communication is essential to a truly integrated fighting force.

Q. During Operations Noble Eagle, Enduring Freedom and Iraqi Freedom we mobilized more than 20,000 reservists with a peak number of over 12,000 mobilized. What lessons from this ongoing event can be applied to the redesign of the Naval Reserve initiative?

A. Our reservists performed, and continue to perform, exceptionally well in the war on terrorism. As a matter of fact, we're in the process of identifying some logistics Naval Reserve units to relieve some overstressed Army reservists as part of Operation Iraqi Freedom II.

During the recent mobilizations we identified a need to be able to accurately and quickly assess Reserve component operational readiness.

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F/A-18s strike Iraqi targets

ABOARD USS ENTERPRISE, At Sea (NNS)— Strike fighter aircraft from Carrier Air Wing (CVW) 1, flying from the nuclear-powered aircraft carrier USS Enterprise (CVN 65) in the North Arabian Gulf, attacked an enemy mortar position near Balad, Iraq, north of Baghdad, Jan. 9, in support of Operation Iraqi Freedom.

Two Strike Fighter Squadron (VFA) 86 F/A-18 Hornets from Enterprise's

Navy-wide news

embarked carrier air wing each dropped a 1,000-pound bomb.

This strike was the carrier's first use of precision-guided munitions since the beginning of the new year. Enterprise strike fighters last struck a target in Iraq Nov. 28.

Enterprise deployed with three Hornet squadrons, one of which is the "Sidewinders" of VFA-86, based at Marine Corps Air Station Beaufort, S.C. The aircraft involved in Friday's strike returned safely to Enterprise.

Enterprise is the Navy's only aircraft carrier currently deployed in the global war on terrorism.

DoD to resume anthrax shots

NORFOLK, Va. (NNS) — The Department of Defense announced Jan. 8 that implementation of the Anthrax Vaccine Immunization Program (AVIP) will resume immediately.

The program was temporarily suspended last month pending legal clarification after a preliminary injunction against the program was imposed by the U.S. District Court for the District of Columbia.

Late last week, the court issued a stay of that preliminary injunction — a stay that allows for resumption of the AVIP.

"The anthrax vaccine has been licensed and approved by the Food and Drug Administration for use since 1970," Rear Adm. Clinton E. Adams, commander, U.S. Fleet Forces Command Fleet Surgeon said. "The anthrax vaccination pro-

gram is a vital force protection measure, and research conducted by the most prominent medical experts has determined that the anthrax vaccine is safe and effective against all forms of anthrax exposure."

The safety of the anthrax vaccine was not the major issue with the District Court's injunction. The court's ruling did not question the safety of the vaccine, but rather questioned the legal status of the anthrax vaccine when used to protect specifically against inhalational anthrax.

Magic diet pill just fabrication

BREMERTON, Wash. (NNS) — There is no miracle pill or treatment to magically make a person lose weight and keep it off. The only way to permanently lose weight is to reduce the total number of calories consumed and to be physically active.

The keys to success are identifying and eliminating behaviors that contribute to taking in more calories than the body needs, making a plan to develop healthier eating habits and increasing physical activity.

Undertaking one at a time, changing eating habits can be easy. For example, deciding to eat without doing anything else at the same time, focusing on enjoying the taste and smell of the food and avoiding watching TV, talking on the phone or driving a car while eating are all positive changes.

Other healthy habits to adopt include eating breakfast; making lunch the biggest meal of the day; beginning meals with a low-fat salad, soup or a glass of water; increasing vegetable and whole grain intake; drinking fewer sugar-sweetened beverages and replacing regular soda with diet soda, water or skim milk; and limiting alcohol intake.

CNO outlines course for '04

WASHINGTON (NNS) — In the CNO's Guidance for 2004, Chief of Naval Operations (CNO) Adm. Vern Clark praises Sailors' performance and the progress they made last year, and calls on Navy leaders to "accelerate our advantages"

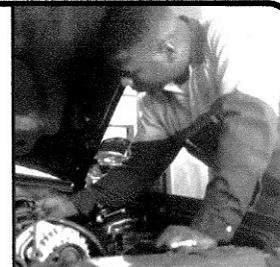
this year.

"Our Navy's performance in Operations Enduring Freedom (OEF) and Iraqi Freedom (OIF) demonstrated more than just combat excellence. It proved the value of readiness. It highlighted our ability to exploit the vast maneuver space provided by the sea,"

Clark wrote. "It demonstrated the importance of the latest technology in surveillance and attack. Most importantly, it reaffirmed the single greatest advantage we hold over every potential adversary: the genius of our people contributing their utmost to mission accomplishment."

Among the many accomplishments of 2003, the CNO singled out the Navy's combat operations in OEF and OIF, improved surge capabilities, record recruiting and retention, alignment to Sea Power 21, savings harvested for recapitalization, and the addition of ships and aircraft.

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\$55⁹⁵ Wheel balance, tire rotation and brake inspection

• Computer balance four wheels • Inspect brake friction material, caliper operation, rotors, drums, hoses and connections • Inspect parking brake for damage and proper operation • Rotate and inspect four tires
Dual-rear-wheel vehicles extra. Taxes extra.
See Dealership for details. Offer valid with coupon.
expires 1/31/04

\$89⁹⁵ Motorcraft® diesel oil and filter change

Up to 15 quarts of Motorcraft® oil. Taxes and disposal fees extra.
See Dealership for details. Offer valid with coupon.
expires 1/31/04

QualityCare™
Auto Service



Fall River Ford, Inc.

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Fall River, MA

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